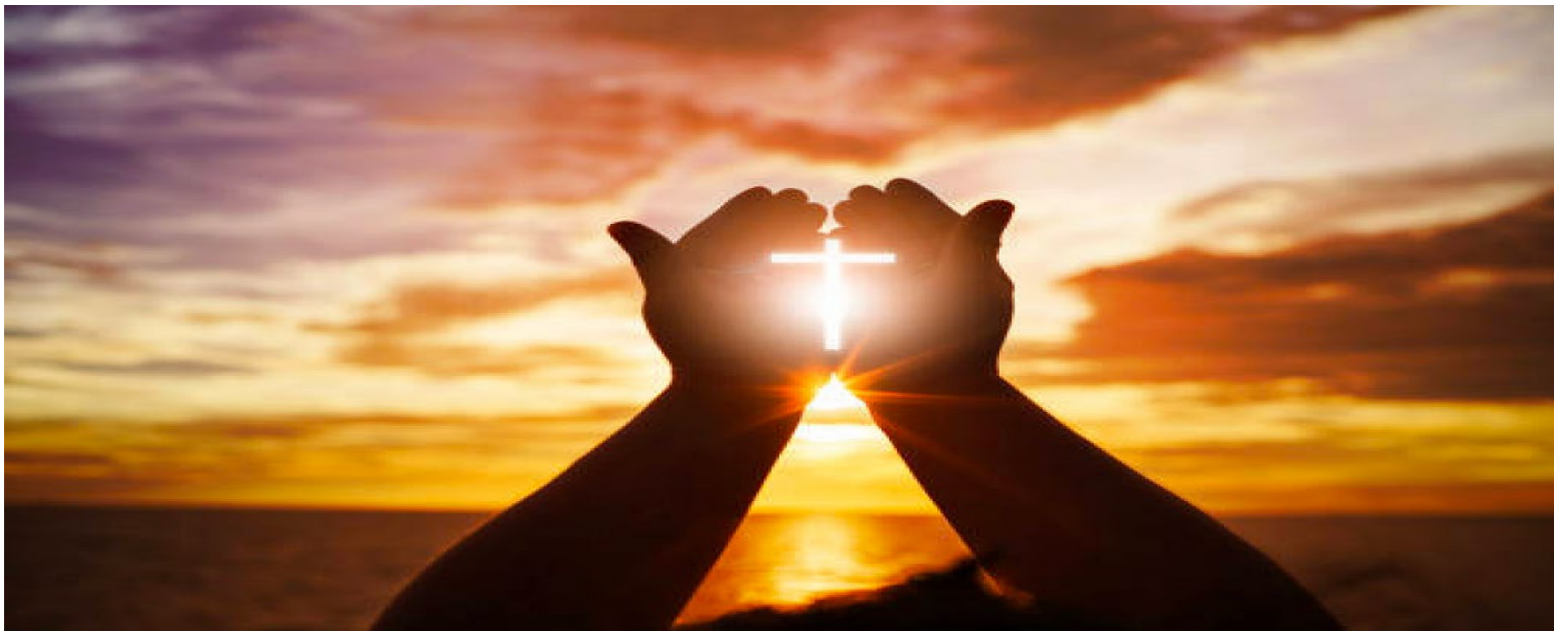




# ME TIME YOU TIME WE TIME



Take some time  
out to relax and elevate  
your wellbeing  
experience with every  
issue



Dear God,

I come to you asking for your help in keeping me strong and healthy in body, mind and spirit.

I thank you that because you created me you know my inner thoughts. You know all of my fears, my hopes and my dreams. You know my past, present and future. Only you know my personality and you know all of my emotional needs.

I thank you that you are the source of health in my inner being. When I draw close to you, you add your strength to mine. You help me cope. You guide me. You comfort me. You strengthen me.

I pray that you will continue to develop in me the graces that create emotional wellness.

I pray that you will renew my mind daily and keep my thought process clear. Help me guard against negativity, judgementalism and worry.

I pray that you will help me handle my emotions well. I thank you that you understand my feelings and that you hurt when I hurt and you rejoice when I rejoice.

Guide me to use and express my emotions in appropriate and healthy ways.

Comfort me when I am hurting. Calm me when I am distressed and anxious. Heal me when I am broken.

Show me how to handle stress.

Amen.

ME TIME

Faith is confidence in what we hope for and assurance about what we do not see.

Sit  
Relax  
Breathe...

There are 1440  
minutes in one day,  
so taking 5 of those  
minutes to re-energise  
will not be the end  
of the world.

## THINK TIME

Right thinking comes with self-knowledge. Without understanding yourself, you have no basis for thought

## Always remember to try to:

- \* Give yourself permission
- \* Be kind to yourself
- \* Make a to-do list
- \* Maintain energy levels
- \* Ask for help
- \* Say 'no' to things

- It is very easy, as a parent or carer, to prioritise the needs of your family and others ahead of your own wellbeing. But taking time for yourself is not selfish.
- We're sometimes much harder on ourselves in our own thoughts than we would be to anyone else we speak to. Imagine that it's a friend who's in your situation right now instead of you. How would you comfort them? How would you encourage them? Can you speak encouragingly to yourself too?
- Remember you have the right to say yes or no without having to explain your reasons.

### YOU TIME

Make time for yourself. This doesn't need to be outside of the house. You can do this however you want, even if its going to the next room and eating some chocolate.

Be Happy.

Be Yourself.

If others don't like it,  
then let them be.  
Happiness is a choice.  
Life isn't about  
pleasing everybody.

THINK TIME

No one gets to live your beautiful life, other than you.



# CULINARY RECIPIE

Recipes  
drinks soups bread pizza processed soups casseroles pastries desserts  
cakes main courses chocolate meat dishes cakes bread pizza processed soups casseroles pastries desserts  
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cakes main courses chocolate meat dishes cakes bread pizza processed soups casseroles pastries desserts

## Mars Bar Brownies

### Ingredients (5)

- 6 x 53g Mars bars, chopped
- 100g butter, chopped
- 3 eggs, lightly whisked
- 75g (1/2 cup) self-raising flour
- 50g (1/2 cup) cocoa powder

### Method

#### Step 1

Preheat the oven to 160C/140C fan forced. Grease a square 18cm cake pan and line the base with baking paper, extending up 2 sides.

#### Step 2

Combine the chopped Mars and butter in a heatproof bowl and stand the bowl over a pan of simmering water (don't let the bowl touch the water). Heat, stirring occasionally, until the butter and chocolate have melted but lumps of nougat

#### Step 3

remain. Remove from the heat and set aside to cool slightly.

Add the egg to the chocolate mixture and stir to combine. Sift in the flour and cocoa powder. Fold to combine. Transfer the mixture to the prepared pan, smoothing the top. Bake for 30 minutes or until a skewer inserted into the middle of the brownie comes out with crumbs clinging slightly. Allow to cool in the pan for 10 minutes. Use the paper to lift the brownie from the pan and cut into squares. Serve warm or at room temperature.

WE TIME

Bring in your recipes to be featured in the next issues and let us know if you tried it and how it was.

# Positivity



**Your attitude  
determines your  
direction in life...**

# PUZZLE TIME

Solve the puzzles and be entered into a wellbeing prize draw!



Four men are in the hospital waiting room because their wives are having babies. A nurse approaches the first guy and says, "Congratulations! You're the father of twins." "That's odd," answers the man. "I work for the Minnesota Twins!" A nurse then yells the second man, "Congratulations! You're the father of triplets!" "That's weird," answers the second man. "I work for the 3M company!" A nurse goes up to the third man saying, "Congratulations! You're the father of quadruplets." "That's strange," he answers. "I work for the Four Seasons hotel!" The last man begins groaning and banging his head against the wall. "What's wrong?" the others ask. "I work for 7 Up!"

Find as many words as possible using the letters. Each word **must** use 3 or more letters. Each letter can only be used once. Can you find the 9 letter word.

I	D	O
F	C	N
N	E	T



## Across

- 1 Thin fog (4)
- 3 Official residence provided by a church for its parson (8)
- 9 Speech disorder (7)
- 10 Lever operated with the foot (5)
- 11 Kitchen appliance (12)
- 13 Pearl-producing shellfish (6)
- 15 Sewing tool (6)
- 17 Line of latitude near to the north pole (6,6)
- 20 Ice house (5)
- 21 Two-wheeled horse-drawn battle vehicle (7)
- 22 Helped (8)
- 23 Settled a debt (4)

## Down

- 1 Edible fungus (8)
- 2 Woollen item worn about the neck (5)
- 4 Country which shares a border with Jordan (6)
- 5 In ABC order (12)
- 6 Artificial human (7)
- 7 Slippery fishes (4)
- 8 Equally skilful with each hand (12)
- 12 Done again and again (8)
- 14 More than is needed (7)
- 16 Frozen spike of water (6)
- 18 Country, capital Beijing (5)
- 19 Site of the famous Leaning Tower (4)

What time is it when an elephant sits on a fence?  
 What can a child make but never see?  
 What rises but never falls?



1		2			3	4		5		6		7
				8								
9								10				
11												
												12
13		14					15					
						16						
	17									18		
19												
20							21					
22										23		

## ME TIME

Bring me your answers – If you're correct you'll be entered into the prize draw and you might win!

We are all shaped by our experiences  
That doesn't mean we have to be defined

John Pickett



THOUGHT  
OF THE  
DAY

ME TIME

This month's thought comes from John Pickett

“ You don't have to be positive all the time. It's perfectly okay to feel sad, angry, annoyed, frustrated, scared and anxious. Having feelings doesn't make you a negative person. It makes you human.

**YOU TIME** Lori Deschene



## Black Communities Health & Wellbeing Day

Health, food & music

Saturday 6 July, 11am to 4pm  
St Mark's Church Kennington  
(opposite Oval tube station)  
337 Kennington Park Road, SE11 4PW

- Good food and music are the secret to a happy body and soul.
- We'll have **FREE** African and Caribbean food and a DJ
- Tips from health professionals
- Meet your primary care team
- Blood pressure, eye and cardio-vascular disease checks
- Free fun activities

Scan the code below to learn more.



**inspire**  
Supporting the health of  
Black Londoners



**Just turn up,  
no booking  
required!**

Lambeth Together

Lambeth



## 1-2-3 family wellbeing

Here's a selection of resources to help your family with income support (money, debt), essentials (food, healthy eating, housing) and staying healthy. See below for local and online resources for mental health, relationships, confidential life advice and much more for your family's health and wellbeing. Please access services via telephone or online first due to COVID-19 as opening times may be subject to change.

**1 Income support**  
Free impartial money advice

**the Money Advice Service**  
Tel: 0800 138 7777  
[www.moneyadvice.org.uk/en](http://www.moneyadvice.org.uk/en)

**NATIONAL DEBTLINE**

Free helpline: 0800 808 4000  
[www.nationaldebtline.co.uk](http://www.nationaldebtline.co.uk)

**StepChange**  
Debt Charity

Free debt advice  
Tel: 0800 138 1111  
[www.stepchange.org](http://www.stepchange.org)

**citizens advice** Merton & Lambeth

For advice on benefits, money, housing.  
Tel: 0800 254 0298  
[www.camf.org.uk](http://www.camf.org.uk)



Family support, employment services, helpline for disabled people.  
Tel: 0808 800 3333

**SCOPE** = Equality for disabled people

**PFNI** UK Bill Help  
[www.billhelp.uk](http://www.billhelp.uk)

Every Pound Counts – advice on benefits  
Tel: 020 7926 5555  
<http://www.lambeth.gov.uk/benefits-and-council-tax/housing-benefit/get-benefits-advice>

**2 Provide essentials**

Advice on Arranging Childcare and Nursery  
[www.lambeth.gov.uk/child-ren-young-people-and-families](http://www.lambeth.gov.uk/child-ren-young-people-and-families)

**foodbank**

Requires a voucher  
<https://norwoodbrixton.foodbank.org.uk/>  
Tel 07722 121108

**Shelter** Advice, support, legal services for poor housing/homelessness  
[www.england.shelter.org.uk](http://www.england.shelter.org.uk)  
Tel: 0808 800 4444

**Maytree**  
Nursery School and Children's Centre

Family support, getting back to work, courses, stay and play, child development  
[www.maytree-nursery.lambeth.sch.uk](http://www.maytree-nursery.lambeth.sch.uk)  
4 Allingham Road | London | SW4 8EG  
School & Children's Centre  
Tel 020 8671 3298

**HEALTHY START**  
Free fruit & veg, milk and vitamins  
[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)  
Tel 0345 607 6823

**LAMBETH LARDER**  
Connecting people, food & support

Emergency food, help and advice  
[www.lambethlarder.org](http://www.lambethlarder.org)

**3 Join in and thrive**

**THE MIX**  
Essential support for under 25s

Free life advice: money, housing, health, relationships.  
[www.themix.org](http://www.themix.org)  
Tel 0808 808 4994

**Parent or carer**  
This can't wait & school nurse on  
07520 631130  
[www.evelinalondon.nhs.uk/parentline](http://www.evelinalondon.nhs.uk/parentline)

**ChatHealth:** Lambeth Young People aged 11-19 can contact a school nurse via text for confidential advice and support. Tel 07507 332 150  
[www.evelinalondon.nhs.uk/chathealth](http://www.evelinalondon.nhs.uk/chathealth)

**LEAP**  
Support and resources for families with babies and infants:  
Tel 020 7582 4182  
[www.leaplambeth.org.uk/](http://www.leaplambeth.org.uk/)

**Ready Steady Go!**  
Free healthy lifestyle advice  
<https://www.lambeth.gov.uk/ready-steady-go>

**kooth**  
Free, safe, anonymous online mental health and wellbeing support for young people  
[www.kooth.com](http://www.kooth.com)

**HOME START**

Support and friendship for families from 3<sup>rd</sup> trimester of pregnancy to 5 years old.  
Tel 0207 924 9292  
[www.homestartlambeth.co.uk](http://www.homestartlambeth.co.uk)

**Make a Referral**

We provide families with clothes, toys and equipment plus new connections and support



## ME TIME

Remember, it's ok to take some time for yourself. If you need help with anything, please ask.

HEALING TAKES TIME, AND  
ASKING FOR HELP  
IS A COURAGEOUS STEP.

MARISKA HARGITAY



## ME TIME

Asking for help allows us to surround ourselves with people who can make us feel good and facilitate further development

HEALING TAKES TIME